



Presidio of Monterey *Community News*



Vol. 5, No. 4

Serving the military and civilian community at the Presidio of Monterey and POM Annex

Feb. 27, 1998

What's new:

**Fourth issue
for 1998**

**Next issue:
Mar. 13, 1998**

(deadline is Mar. 3 to
submit information for the
Mar. 13 issue)

Federal Holidays, Training Holidays for 1998

May 22: Training Holiday
May 25: Memorial Day
July 4: Independence Day
July 6: Training Holiday
Sept. 4: Training Holiday
Sept. 7: Labor Day
Oct. 12: Columbus Day
Nov. 11: Veterans Day
Nov. 26: Thanksgiving Day
Nov. 27: Training Holiday
Dec. 25: Christmas Day

**Any issue you submit
will be addressed**

Army Family Action Plan Symposium

Mar. 11, 12

Attention *retirees, DoD civilians, active service members of all branches of service (dual military, sole parent, family members, to include single servicemembers):*

POM - You want a better quality of life. You've got a lot to offer, great ideas, perhaps even solutions, but you haven't had a chance to talk to the top. The upcoming Army Family Action Plan Symposium, to be held Mar. 11 and 12 at the Weckerling Center (Building 326), Presidio of Monterey, can help you.

There's still time -- the deadline has been extended -- to put your thoughts in writing on the "Army Family Concerns and Issues Worksheet" and fill out the "Symposium Registration Form," which are available at Army Community Service (Building 4260), POM Annex (former Fort Ord) and the entrance to the POM PX. If you cannot attend the symposium, but want to know the results of your comments, Army Community Service can send them to you if you include your name and address on the worksheet. Any issue you submit will be addressed. Find out more about being a part of the AFAP Symposium. Call ACS, at 242-7660.

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The POM **Community News** newsletter supplements the **GLOBE** (DLI's linguist-focused magazine) providing current information on local news and events for joint service military and DoD civilian community members of the Defense Language Institute Foreign Language Center (DLIFLC), U.S. Army Garrison Presidio of Monterey and Presidio of Monterey Annex. We welcome you to send information and short articles that may be of interest to our local community (please include your name and phone number). If you're interested in the Classified Ads section (POM-MART) see Pages 17-20. If your item(s) have sold, please let us know. Also, periodically added to this newsletter is a Telephone Directory. Notify the editor if there any changes or corrections to this directory.

Write, E-mail or fax information to:

**Defense Language Institute Foreign Language Center
Public Affairs Office (ATZP-PAO)
ATTN: Community News editor (SFC Hope J. Rickman)
Building 614, Room 142 (Rasmussen Hall)
Presidio of Monterey, CA 93944-5006**

Telephone: (408) 242-5104 or FAX: (408) 242-5464
MS Mail: Rickman, SFC Hope - (Community News editor)
or E-Mail: Rickmanh@pom-emh1.army.mil

Command's hotline (Bossline) - 242-POST

Dial 242-POST or 242-7678/ MS Mail: BOSSLINE / E-mail: Bossline@pom-emh1.army.mil

The command's hotline is for you to call in (24 hours daily) or MS Mail / E-Mail your thoughts, ideas, concerns, and complaints, to include helping the command spot security and safety problems on the Presidio or its Annex.

Deadlines for submitting information

Mar. 3 (for the Mar. 13, 1997 issue)

Mar. 17 (for the Mar. 27, 1997 issue)

Available on the World Wide Web:

The **Community News** and the **GLOBE** magazine can be accessed via computer/modem by selecting "Presidio of Monterey HomePage" <http://pom-www.army.mil>

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The installation and garrison commanders, chief of public affairs and **Community News** editor reserve the right to edit materials as necessary to conform to editorial policies.

DLIFLC Installation Commander

COL Daniel D. Devlin

DLIFLC Installation CSM

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Garrison Commander

COL David F. Gross

Garrison SGM

MSG David G. Bartlett

DLIFLC Executive Officer

LTC Jack J. Isler

Chief, Public Affairs

Mr. Michael J. Murphy

Editor / Design / Layout /

Public Affairs NCOIC

SFC Hope J. Rickman

Distribution this issue: 3,500 copies

Serving Your Installation:

CPO --

WORKERS COMPENSATION POINTS TO REMEMBER

The philosophy and goal of the Defense Language Institute are to provide our employees with a safe and healthful work environment, to provide proper medical care, and to return injured workers back to the job as soon as possible, while controlling cost, which is basic to any effective workers' compensation program. The key ingredient of early return to work is commitment at all levels of our organization, management and employees included. Managers and supervisors must be committed to providing employees with the level of care needed to return them to work with as little lost time as possible, to managing injury-related costs and, finally, to getting results. Returning to work early must also be an integral part of every employee's job responsibility. Early return to work can cut work days due to injuries by as much as fifty percent. For employees, that means a return to normal routines, and full pay, as soon as it is safe to do so. DLI wants to minimize direct costs and injury-related expenses rather than chalk up injury-related expenses as a fixed cost of doing business. While attempting to control costs there is yet another alternative to conventional workers compensation claims processing that must be addressed. In order to minimize spending and maximize the work force, every attempt will be made to impact on fraudulent claims and to remove those not entitled to compensation from the compensation rolls.

Although the U.S. Department of Labor has the ultimate and final authority for the approval or denial of all Workers Compensation cases against the U.S. Government, the cost of the compensation and benefits, however, are the responsibility of the DLI.

This is the first "Workers Compensation Points to Remember" article published in the Presidio of Monterey **Community News** newsletter. Look for future articles throughout 1998. Contact Jeanette Johnson, Workers Compensation Specialist, or Fleana Snapp, FECA Clerk, Civilian Personnel Office, Building 341, Room 102, extension 6522/6434, FAX 6118, or E-mail Johnsonsone@Pom-emh1.army.mil for further information. Stay safe and healthy.

What's new:

Annual FWPC Awards Mar. 19

POM - Mar. 6 is the deadline to submit your nominations for the outstanding woman, employee, and supervisor of the year. The Federal Women's Program Committee, in celebration of Women's History Month will honor the three awardees at the FWPC Awards Reception Mar. 19. Nominations are open to both military and civilian nominees. For more information, call the Equal Employment Office at 242-5105 or 242-5692.

ADAPCP takes day off Mar. 12

POM - The offices for Alcohol and Drug Abuse Prevention and Control Program Office and Community Counseling will be closed all day Mar. 12.

Volunteers needed for claims and health

The Red Cross is looking for volunteers to place in the following offices: Judge Advocate General (work in claims) and at the POM Medical Clinic. For more information, please call the POM Red Cross office at 242-6800 and ask for Jim Nelson.

Retired Cook? Registered Nurse?

The Red Cross is looking for retired cooks who can volunteer to help cook in Red Cross industrial kitchens.

Also, Registered Nurses are needed to volunteer in Red Cross Disaster Shelters. Anyone interested, please call Jim Nelson at 242-6800. For more information, please call the POM Red Cross office at 242-6800 and ask for Jim Nelson.

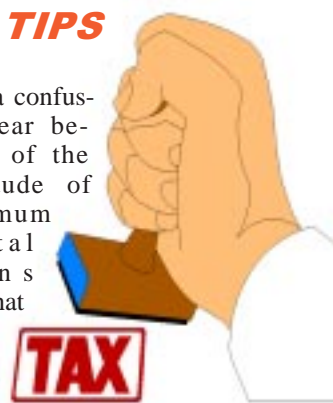
FEDERAL INCOME TAX TIPS

The following is the third in a series of tax tips provided by Legal Assistance to help you during the 1998 tax filing season: (The first and second in this series appeared in the Jan 30 issue (Tax Tips nos. 1-8) and the Feb 13 issue (Tax Tips no. 9-15) of the Community News.)

16. TAX TIP: Can I deduct my unreimbursed travel expenses in using my POV to do charity work? Yes, you can deduct your actual expenses or use a flat rate of 12 cents per mile (plus tolls and parking fees). There are, however, restrictions if your travel involves being away from your home (e.g., taking a trip to another state to do charitable services). There must be no significant element of personal pleasure, recreation, or vacation in the travel. Finally, you can only take charitable contribution deductions by itemizing, using the Schedule A.

17. TAX TIP: Did Congress pass any new laws changing the tax on capital gains? Yes. The Taxpayer Relief Act reduced the maximum capital gains rate. Unfortunately, the legislation makes

1997 a confusing year because of the multitude of maximum capital gains rates that apply depending on when you sold an asset and how long you held that asset. Assets sold prior to 7 May 1997 and held for longer than twelve months are taxed at a maximum rate of 28%. Assets sold after 6 May 1997 and before 29 July 1997 that are held for 12 months or longer are taxed at a maximum rate of 20%. If you are in the 15% tax bracket, the sale of these assets is taxed at a 10% rate. If you sold an asset after 28 July 1997 you must have held it for more than 18 months to qualify for the 20% or 10% rates. If you held it more than 12 months, but not more than 18 months, it will be taxed at a maximum rate of 28%.



(Continued, Page 17)

UNIT TAX ADVISORS

INSTALLATION TAX ADVISOR (JUDGE ADVOCATE GENERAL)
Spc. Burgess, 242-5084

HEADQUARTERS AND HEADQUARTERS COMPANY
Cpt. Mays, 242-6084, and Sgt. 1st Class Andruszka, 242-5419
229th MILITARY INTELLIGENCE BATTALION

A Company Staff Sgt. Warner, 242-6659
B Company 2nd Lt. Cathcart, 242-6653, or Staff Sgt. Betts, 242-7944
C Company 2nd Lt. Howard, 242-5538
D Company Staff Sgt. Harrison, 242-5310
E Company Spc. Antkowiak, 242-5083
F Company 2nd Lt. Ross, 242-5148

NAVAL SECURITY GROUP DETACHMENT
Mess Specialist Chief (SS) Zamora, 242-7122

NAVY-MEDICAL
Petty Officer 2nd Class Hillier, 242-5614 or 242-5615

MARINES CORP DETACHMENT
Lance Cpl. Stack, 242-5822

CALIFORNIA MEDICAL DETACHMENT
Staff Sgt. Moody, 242-7584

AIR FORCE ELEMENT
Master Sgt. Fisher, 242-5679 or Sgt. Pederson, 242-5264

311 TRAINING SQUADRON
Staff Sgt. Defayette, 242-7482, or Staff Sgt. Elliott, 242-7158

This publication is also available on the World Wide Web:

The *Community News* and the *GLOBE* magazine can be accessed via computer/modem by selecting "Presidio of Monterey HomePage"

<http://pom-www.army.mil>

Specific information on legal and military personnel issues, and the history of the Presidio of Monterey can be accessed via the Presidio of Monterey HomePage noted above, or directly as follows:

Staff Judge Advocate / Legal Assistance: <http://pom-www.army.mil/w3-atzp/ja/la>
Adjutant General Office: <http://pom-www.army.mil>
History <http://pom-www.army.mil/w3-pages/history.htm>

Specific Defense Language Institute Foreign Language Center (DLIFLC) information is available at:

DLIFLC <http://www.dli.army.mil/>
DLIFLC general catalog <http://www.dli/dci/catalog/index/htm>

Other useful HomePages for defense and military information are:

DefenseLink <http://www.dtic.dla.mil/defenselink/index.html>
Army <http://www.dtic.dla.mil/army/link/>

Go to "Installations" for a specific Army location (such as Presidio of Monterey)

"Zero Tolerance"

Key: Respect

**Worldwide
Assistance
for military**

1-800-267-9964

**"Harassment and Sexual
Abuse Assistance Line"**

Local services hotlines

Community Human Services Crisis Line
373-4773, 24-hour, Monterey

Domestic Violence Crisis Line
372-6300, 24-hour, Monterey

Domestic Violence Prevention Hotline
1-800-540-5433, 24-hour

Women's Crisis Center
757-1001, 24-hour, Salinas

**Monterey County Men's Alternative to
Violence**
373-4167, Monterey

Monterey Rape Crisis Center

375-4357, Monterey
633-5900, Prunedale

**Monterey County Family and
Children's Service**

Child Protective Services
899-8015, Monterey
755-4660, Salinas
385-7400, King City

**Crisis Intervention & Referrals to
Prevention Programs**

Family Resource Center
394-4622, Monterey
757-7915, Salinas

Call the BOSSLINE

**24-hour hotline,
confidential reporting
to local command**

Try first reporting abusive behavior incidents through your chain of command. If needed, call the DLIFLC/POM Command's 24-hour Hotline, "BOSSLINE,"

Call 242-POST

On post assistance

POM POLICE

Building 4468, Gigling Road

Federal Police Desk

242-7851, 242-7852 or 242-7853

(Note: all telephone lines listed above are monitored and taped.)

Police Emergency

911

**FAMILY ADVOCACY
at Army Community Service**

242-7653

Open

Monday through Friday

(Location: Community Center, Building 4260, corner of North-South and Gigling roads, POM Annex).

EVENTS

Old Monterey Market Place Every Tuesday

MONTEREY - The Old Monterey Market Place is Monterey Peninsula's largest weekly event. This open air market, lining both sides of Alvarado Street in downtown Monterey, features arts, crafts, produce, international foods and Baker's Alley.

Fall and Spring hours are: (4-7 p.m. starting October through March; and 4-8 p.m. starting April through September).

Directions: from DLI and Presidio of Monterey: exit at the Franklin Street Gate. Go straight down the hill following Franklin Street. At the base of the hill is downtown. Continue only two blocks to the corner of Franklin and Alvarado streets. (If driving, there are several parking garages within a few blocks).

CRIME HOTLINE

**dial:
24-CRIME
or 242-7463**

To access the recorded Crime Watch Bulletin message, residents may dial 24-CRIME. You'll be asked to press various one-digit numbers.

Wait for the number that represents your specific community and you'll receive your community's crime update news recording. There are separate recordings for Fitch, Stilwell, Marshall and Hayes parks and the Presidio of Monterey.

Crime prevention tips and special bulletins may also be accessed.

Cannery Row's 28th Annual John Steinbeck Birthday Festival Feb. 27-Mar.1

POM - Join the local community at John Steinbeck's birthday bash and annual Cannery Row Foundation Symposium Feb. 27 to Mar. 1. Featuring tours, entertainment, refreshments, nostalgia and fun. Call 372-8512.

Monterey County Red Cross celebrates Centennial Ball no matter how high the water Feb. 28

NAVAL POSTGRADUATE SCHOOL - The Monterey County chapter of the American Red Cross will celebrate its Centennial Saturday, Feb. 28 at Herrmann Hall, Naval Postgraduate School in Monterey from 6 to 11 p.m.

The first Red Cross ball was held in same room of what was then the Old Del Monte Hotel.

The Red Cross chapter, which had its beginning in the midst of the Spanish-American War, has been planning its birthday party long before flood waters ravaged Monterey County. "What can I say?" said Laura Kershner, PR Director for the Monterey County Red Cross. "The show must go on. We're not about to let a little water dampen our spirits! We've put too much effort into this celebration to watch it all go down the drain."

The evening's festivities will include: an elegant dinner, live music, ballroom dancing, a historic display, strolling models in period costume, and the creation of a time capsule. Tickets are \$100 and help support Red Cross disaster and health and safety programs throughout the county. "I can't think of a more appropriate way for people to show their support to our chapter in light of last week's floods," said Kershner. "After all, how many 100-year-olds do you know who've been serving the community for the past 100 years?" For tickets or sponsorship information call 424-4824 or 375-5730.

Dinner is served at 7 p.m. (cocktails at 6 p.m.). Cost is \$100 per person or \$800 per table. Call 424-4824 or 375-5730 for more information. (Red Cross news release, dated Feb. 15)

Auditions, local theaters

Feb. 28, Mar. 1, 7, 8

MONTEREY - Auditions begin soon (Feb. 28, Mar. 1, 7 and 8 for the following area theater):

Pacific Repertory Theater (622-0700):

Cyrano De Bergerac (June)

The Wizard of Oz - musical (Aug.)

Anthony and Cleopatra (Sept.)

Much Ado about Nothing (Sept.)

Forest Theater (626-1681):

Oklahoma (June)

Upcoming theater auditions begin soon for the following theaters (audition date not confirmed):

Unicorn Theatre (649-0259):

Side by Side by Sondheim (June)

Guy Things (July)

Monterey Peninsula College (646-4213):

Expiring Minds Want to Know (May)

Mr. Whatnot (June)

Gypsy (August)

Laughter on the 23rd Floor (October)

For information about auditioning, call Staff Sgt. John Pullen at 333-3620 or 242-5229. Most theaters offer college credit for participation.

Army Emergency Relief MG James Ursano Scholarship Fund 1998-99

Mar. 2 (deadline)

POM ANNEX - Eligible for this scholarship fund are dependent children ages: 17-22 (active, retired, deceased).

Application forms are available at Army Community Service and Chamberlin Library.

Transition Assistance Program helps departing military

Mar. 3

NAVAL POSTGRADUATE SCHOOL - Service members and spouses within 18 months of separation or retirement are encouraged to attend the next Transition Assistance Program or TAP Seminar Mar. 3 (8 a.m. to 4 p.m.) at the Conference Room, Building 704, Fleet Numerical Meteorology and Oceanography Center.

Bring your medical records with you. To make reservations, call the Family Service Center at 656-3060 or 656-3175.

Monterey Community Job Fair Mar. 3

MONTEREY - The Community Job Fair will be held Mar. 3 from 9 a.m. to noon at the Monterey Conference Center, Serra Ballroom, 1 Portola Plaza, Monterey. There is no charge.

Bargains Galore Mar. 7

NAVAL POSTGRADUATE SCHOOL - The Bargain Fair, sponsored by the Officer Students' Spouses' Club (OSSC) of the Naval Postgraduate School, will be held on Saturday, Mar. 7 from 10 a.m. to noon. Students, staff and faculty of DLI (military and civilian) are welcome to purchase a booth for selling their used goods. For information, call Cindy Harvey at 648-9266. The Fair will be held at the La Mesa School in La Mesa village. Use the Sylvan Road entrance off Aguajito Road. With over 100 sellers, there will be a large selection of household goods, books, used clothing and toys. Admission is free and street parking is available. The rain date is Sunday, Mar. 8.

Peace Tales presented by Third Studio Theatre Mar. 7 (7:30 p.m.)

POM - Dramatic tales from many cultures about conflict...and how we sometimes manage to avoid it. Staged with live action, colorful costumes, masks and puppets, the stories are presented by Third Studio regulars Stephen Dirk, and Andra Weddington, joined by talented newcomers to the troupe Patrice Parks-Kaminer and Brad Vaughn. Director Andra Weddington comments: "This show really brings out the actors' creativity. Everybody plays at least half a dozen different parts - and since many folktales use animal characters to emphasize certain human traits, sometimes an actor will be an elephant in one story and a hummingbird in another - a foolish farmer in one story, and wise teacher in the next." As always, Third Studio draws its inspiration for costumes and props from the cultures that created the story. In this case, theatregoers will find African-style animal masks, stick puppets inspired by

those of Southeast Asia, spiders based on Australian bark paintings, and much more. Third Studio is sponsored in part by grants from the Cultural County for Monterey County, and has toured PEACE TALES to nearly 30 venues throughout the County, including three special performances for Carmel Performing Arts Festival in the fall of '97. **Place:** POM Recreation Center, Building 843, Mason Road, Presidio of Monterey. Admission is free. For more information, call 373-4398.

Kids On The Move Feb. 26, Mar. 12, 19, 26 NAVAL POSTGRADUATE SCHOOL

This workshop is for children ages five to 12 who have relocated to or are relocating out of the Monterey area.

Meet at the Family Service Center, 1280 Leahy Road, La Mesa Village, Building 3. Call 656-3060 or 656-3175.

Army Family Action Plan Symposium held locally Mar. 11, 12

Attention *retirees, DoD civilians, active service members of all branches of service (single, dual military, sole parent), and family members:*

POM - The upcoming Army Family Action Plan Symposium, to be held Mar. 11-12 at the Weckerling Center (Building 326), Presidio of Monterey, can help you have a better quality of life. See Front Page article. Find out more about being a part of the AFAP Symposium. Call ACS at 242-7660.

Titanic Lecture Lyceum of Monterey County Mar. 11 (7:30 p.m.)

The Lyceum is holding its major 1998 fund-raising event. Tickets are available now for the lecture and book signing event with Dr. Robert Ballard, scientific explorer and discoverer of the Titanic at the Steinbeck Forum at the Monterey Conference Center. Tickets are \$8 for students (under 18) and \$20 for adults. This is a benefit fund-raiser for the Lyceum of Monterey County. For information and tickets, call 372-6098.

POM Annex Yard Sale (Change in location) Mar. 14

POM ANNEX - The next quarterly yard sale will be held on Saturday, Mar. 14 (10 a.m. to 1 p.m.). The yard sale location has been moved to a site near the Transportation Motor Pool off of 8th Avenue from its previous locations at the 2nd Avenue lot.

Directions: After entering the main gate, continue straight until the first major intersection. Turn right on North South Road and continue to the next intersection (North-South and Gigling roads). Turn left/stay on Gigling Road until you reach 8th Street and turn left. Signs will be posted. The quarterly yard sale generally attracts about 150 to 200 vendors and several thousand patrons.

Vendor registration fee is \$5 for Active Duty and Active Duty Family Members who reside on POM Annex (former Fort Ord) or the Presidio of Monterey, and \$10 for retirees, La Mesa/NPS and DoD card holders. To register you need to attend one of the following registration dates:

Yard Sale Registration Dates:

Mar. 3 (6-7 p.m., Porter Youth Center)

Mar. 10 (6-7 p.m., Porter Youth Center)

For more information about the upcoming Mar. 14 yard sale, call the new point of contact Braunda Ensley at 394-5631.

AUSA Sixth Region Conference held in Monterey Mar. 13-15

The Monterey Bay General Joseph Stilwell Chapter of the Association of the United States Army is hosting the 1998 AUSA Sixth Region Annual Meeting.

The three-day meeting will be held Mar. 13-15, Friday through Sunday, at Monterey's Holiday Inn- soon to be a Hilton Hotel, located at 1000 Aguajito Road. Scheduled guests include: Gen. William W. Hartzog, Commanding General of the Training and Doctrine Command; (Ret.) Theodore G. Stroup, AUSA's Vice President, education, and managing director of the Institute of Land Warfare. The conference kicks-off with a 18-hole best ball golf tournament Mar. 13 at the Rancho Canada Golf

Course in Carmel Valley. The cost is \$90 for golf which includes: golf fees, half a golf cart, Rancho Canada windshirt, box lunch and dinner of either steak or halibut at the clubhouse.

The tournament is open to everyone. For more information, call Staff Sgt. Linda Kessinger at 242-5315.

Also, on Mar. 14, Saturday, there will be a special dedication ceremony at 3:30 p.m. officially renaming the Community Center to the General Joseph Stilwell Community Center. This dedication will also be attended by TRADOC Commander Gen. Hartzog, local commanders Col. Daniel Devlin, Commandant/Commander DLI/POM and Col. David Gross, POM Garrison commander, and many other distinguished guests.

Marine Art Exhibit in the spirit of Whale Fest Mar. 14

POM ANNEX - This exhibit will show through Mar. 17 at the Monterey Conference Center, Alvarado Gallery, One Portola Plaza, Monterey. Call 646-5640 for more information.

Newcomers Orientation Mar. 18

POM ANNEX - You are invited to a Newcomers Orientation on Wednesday, Mar. 18 from 10 a.m. to 3 p.m. at the General Stilwell Community Center. You'll find out about the activities and services at the Presidio, have lunch, and tour the Monterey Peninsula. The orientation is open to all newcomers arriving during the past several month and is sponsored by Army Community Service and the Presidio of Monterey Chaplains. To reserve a space on the bus, call ACS at 242-7660. Child care is provided. To arrange for child care, call 583-1058 by Mar. 10.

SRAM Sea Otter Classic USA Cycling's Grand Slam Fest Mar. 18-22

(Mail entries prior to Mar. 10)

MONTEREY (Laguna Seca Raceway) and SAN JOSE - For the first time in cycling history, the Sea Otter Classic includes all cycling disciplines in a single

venue. Event days will be Mar. 18 through Mar. 22, 9 a.m. to 5 p.m. each day.

Some of the events will be: Mavic Elite Road Stage Race (Mar. 20, 21); Vredestein Road Race (Mar. 21); WTB Mountain Bike Pro Stage Race (Mar. 20-22); Yakima Mountain Bike Run Fide (Mar. 21); Easton Mountain Bike Observed Trials (Mar. 20-22); Sea Otter Mountain Bike Dual Slalom (Mar. 21); Look Mountain Bike Dirt Criterium (Mar. 21); WTB Mountain Bike Cross-Country (Mar. 22); SRAM Sea Otter Mountain Bike Industry Cup Team Race (Mar. 21, 22); Mountain Dew BMX National Championship (Mar. 20); USA In-Line Racing's Elite Skate Race (Mar. 21); and ASA Aggressive Street Skate Contest (Mar. 21, 22).

In addition to all the competitive events at Laguna Seca Recreation Area, there will be Pro Track Racing at the Hellyer Park Velodrome in San Jose: Sea Otter Track Racing (Mar. 18).

Events Hotline:

(650) 306-1414

Website: www.seaotter.org

Note: enter early, some categories fill up quickly.

Entry Form questions:

Call (650) 306-1414

Mail entry to:

Sea Otter Classic, P.O. Box 7230, Redwood City, CA 94063-7230

SCRAM Beach Party: Mar. 21 at Pirate's Cove, 256 Figueroa Street, Monterey, from 8:30 to 11 p.m. for everyone. Admission: \$10. Call (312) 664-8800 or visit website: www.scram.com

Some event rules:

No pets allowed; all USCF, NORBA and NBL rules apply; licenses required at registration (one-day licenses available at registration); ANSI- or Snell-approved helmets required for all cycling and in-line events; and no phone or fax entries will be accepted.

To obtain an in-line entry form, call Seventh Wave at (888)SK8-LINE (758-5463)

The Monterey County Parks and Recreation Department will collect a \$6 per day vehicle use fee at the front gate. This fee is not included in the registration fees. For more information, call 373-1839 or 367-7797.

Old Monterey Sidewalk Fine Arts Festival Mar. 20-22

MONTEREY - Featuring handcrafted ceramics, paintings and sculpture, the Old Monterey Sidewalk Fine Arts Festival will be held on Alvarado Street sidewalks from 10 a.m. to 5 p.m. For more information, call 655-8070.

Monterey Spring Fair Mar. 22-22

MONTEREY - Admission is free to Monterey's Spring Fair. This handmade arts & crafts fair, with about 50-60 craftsmen, will be at the Custom House Plaza from 9 a.m. to 5 p.m. Call 622-0700 for more information.

Film Commission Oscar Night Mar. 23

MONTEREY - The Monterey County Film commission Oscar Night will be held at the Pebble Beach Tennis Club. Featuring a large dinner and auction this event is formal (black tie optional). Cost is \$55. Call 646-0910 for more information.

13th Annual "Together with Love 10K/ 5K" Mar. 29

A Benefit Run for the

Monterey Rape Crisis Center

PACIFIC GROVE - Traditionally held in February, this year's benefit run has been postponed until Mar. 29 due to the "El Nino" rains.

The 13th Annual Together With Love 10K Run and 5K Run/Walk rally point will be at Lovers' Point Park, Pacific Grove. Actual race time begins at 9 a.m. until 11 a.m. The race route is mostly flat and loops along the Pacific coastline at Asilomar.

Call the Race Hotline:

(408) 373-3389.

Race Features: Long sleeve t-shirt to all participants; TAC/USA certified course; race results mailed to all participants; and post-race drawing and refreshments (must be present to win).

Awards 10K: three deep, each age group top three overall male/female (f/m) pairs

Events

Awards 5K: three deep in each age group and top three overall m/f

Awards wheelchairs: top three m/f

Categories: 10K/5K: 14-under; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70-above. **10K male/female pairs:** 59-under; 60-79; 80-99; 100-over.

Pre-registration:

\$18 per person prior to Mar. 20. (Note: m/f pairs and wheelchairs participants must pre-register by Mar. 20.)

Registration:

\$21 per person after Mar. 20.

Race Day Registration:

begins at 7:30 a.m. on race day, Mar. 29, at Lovers' Point Park. (Note: Late or incomplete entries will be held at the "problem table" on race day.)

Race Start Time: 9 a.m.

Procedures:

Submit one form per person; pairs must mail entries together in one envelope; male/female pairs may only enter in 10K and automatically qualify in individual age groups; all entries must be signed (participants under age 18 must have parent's/guardian's signature; race numbers/instructions will be mailed to all participants who include a self-addressed, stamped #10 envelope; late or incomplete entries will be held at "problem table" on race day.

Make checks payable to:

Monterey Rape Crisis Center, P.O. Box 2630, Monterey, CA 93942

Directions: Follow Highway 1 to the Pebble Beach/Pacific Grove exit (Highway 68). Turn right onto Highway 68 which turns into Forest Avenue. Stay on Forest Avenue until Ocean view Boulevard. Lovers' Point will be on your left.

Parking: Street parking will be available along Ocean View Boulevard, and side streets (allow sufficient time to walk from your vehicle to the start point).

This event benefits the Monterey Rape Crisis Center, a nonprofit organization.

AER Fund Campaign

Soldiers helping Soldiers

Apr. 1 - May 2

POM - Army Emergency Relief or AER was established in 1942 to help soldiers and their families overcome times of

distress and misfortune. This year marks the 56th Anniversary of AER assistance to Army personnel around the world.

In 1997, AER provided \$94,317.78 to 172 soldiers, retirees, and their families in the Presidio of Monterey community. Of this amount, \$12,694.96 was given in the form of grants. Nowhere else is this kind of generous assistance available to help Army families in times of need. The DLI/POM command encourages everyone to support this campaign.

Local Wine and Art Festival

Apr. 5

CARMEL - Celebrate the Spring season at Chateau Julien Wine Estate's **Wine and Art Festival** Apr. 5 from 11 a.m. to 5 p.m. The "Garden Courtyard" at chateau Julien Wine Estate provides a fitting backdrop for you to acquaint yourself with our local culture. Spend a few hours admiring the beautiful artwork from various local artists, while tasting chateau Julien's new spring wine releases complemented by a lighter fare. Reservations required by Apr. 3. Chateau Julien Wine Estate is located at 8940 Carmel Valley Road (408)624-2600. No charge. Visit our website for information about other Chateau Julien special events. www.chateaujulien.com

Easter Sunrise Service at the Presidio

Apr. 12 (7 a.m.)

POM - Overlook the bay during this year's Easter Sunrise Service to be held at Soldier Field (parade field), Presidio of Monterey. Immediately after the service, enjoy a free Continental Breakfast located inside the Weckerling Center (Building 326, next to the POM Chapel).

Grand Prix of Laguna Seca

Apr. 17-19

MONTEREY - The AMA National Superbike Races will highlight the Grand Prix of Laguna Seca at the Laguna Seca Raceway Apr. 17 through Apr. 19. For more information, call 1-800-327-SECA or (408) 648-5100.

Seafood and Music Festival

Apr. 18-19

MONTEREY - The Old Monterey Seafood and Music Festival will be located on Alvarado Street and Custom House Plaza from 10 a.m. to 5 p.m. and will feature fresh seafood, a craft show and live music (blues and rock). Admission is free. Call 655-8070 for more information.

National Library Week is Apr. 19 - 25

Army Family Team Building

Classes for 1998

March and April

March 18-20 class:

Level 1 & 3

April 8-10 class:

Level 1 & 2

All classes start at 8:30 a.m., and are held at the Post Chapel on the POM Annex, located on North-South Road. Free child care! For information, and to register, call Gert Bledsoe, 393-1538 or Army Community Service, 242-6890 or 242-7660.

— Together Everyone Achieves More!

**Be a AFTB
volunteer**

NEWS

Adopt-a-Pet Update from the Post Veterinarian

Adoptable dogs and cats are available at the Veterinarian Clinic, Building 4380, Parker Flats Road, POM Annex. All the pets need a good home and loving care. Costs is \$27 for cats and \$29 for dogs. The fees include rabies and booster shots. For more information, visit the Veterinarian Clinic, or call 242-7718.

As of Feb. 25

Pets available for adoption:

None

Community Library

Chamberlin Library

(Building 4275, 242-7680
POM Annex (former Fort Ord)

ESSAY CONTEST for children and teens

Calling all kids who like to read. The Armed Services YMCA is sponsoring an essay contest highlighting the importance of reading.

Pick up contest information at Chamberlin Library or Porter Youth Center and send in entries prior to the end of March 1998. For additional information, call 242-7680.

Chamberlin Library is open Sunday through Thursday from noon to 7 p.m.

*One of the last
former Fort Ord facilities
continuing to serve*

Employees helping employees

The Voluntary Leave Transfer Program (VLT) allows Department of Defense employees to remain in a pay status during their medical needs and family emergencies. A five minute visit to your administrative section to fill out a donation form will help the following employee avoid further financial hardship:

NAME	SCHOOL/DEPARTMENT
Labibeh, Hamoudeh	Middle East School II, Dept D

On behalf of the above employee, we at MEII would like to extend a heart-felt thank you for your past donations and encourage each of you to continue supporting this valuable Civilian Personnel Office program.

Outreach Program focusing on I.E.T. families

The Army Community Service Outreach Program helps link military members and their families with family support programs. The purpose of the program is to help families develop a strong sense of self-reliance and belonging to the POM community through knowledge of facilities and programs available.

The Outreach Program Coordinator, Theresa Matthews, is visiting new families living off post with a welcome packet

full of information on both the local and military communities.

Right now, she is concentrating on Initial Entry Training (I.E.T.) service members and their families.

However, regardless of training status, if you would like any information, call Theresa Matthews at 242-6890/7660 or stop by ACS, in the Community Club, Building 4260 (corner of North-South and Gigling roads, POM Annex).

PETRA CAFE!

An Outreach of the Presidio of Monterey Chapel

Building 619 (Nakamura Hall) - across from Combs Hall Dining Facility

QUESTIONS? Call the Chaplain's Office at 242-5281.

Since first opening in June 1997 the Petra Cafe events have been a huge success -- Petra Cafe has become the place to be on Friday nights. Come on out, bring a friend(s) and enjoy yourself at the Petra Cafe! We meet on Friday nights in Nakamura Hall. We have OUTSTANDING entertainment lined up, that you will thoroughly enjoy. An evening at the Petra Cafe is absolutely FREE of charge for military and family members. That is right, you heard correctly - FREE! No charge for the food, beverages or entertainment! This is an outstanding way to spend your Friday Nights! The Petra Cafe is sponsored by your installation Chaplain.

FRIDAY, Feb. 27	"Video Night" (musical mix)	7:30-10:30 p.m.
FRIDAY, Mar. 6	"Damask Rose" (rock)	7:30-10:30 p.m.
FRIDAY, Mar. 20	"Video Night" (musical mix)	7:30-10:30 p.m.
FRIDAY, Mar. 27	"Mizpah" (alternative)	7:30-10:30 p.m.

W-2 Hot Line now operational

Dial (317) 510-2800
or DSN 699-2800

Duty days: The phone are manned by several representatives each duty day from 7:30 a.m. until 4:30 p.m. Eastern Standard Time.

Daily: A menu driven answering service is available to customers 24 hours a day, 7 days a week).

Attention all soldiers: For reissue or corrected W-2's, all requests must be submitted through the respective unit S-1 offices. The requests will then be sent to the DLI Army Finance office.

The DLI Army Finance office can directly assist active duty military personnel only, all others will be directed to the Hot Line numbers.

Need tax forms?

Federal and most state tax forms and publications are available via the DLI Staff Judge Advocate Web Page at:

<http://pom-www.army.mil/w3-atzp/ja/la>

Scroll down to the Taxes subject category and within Taxes select "Websites for Federal & State Forms, Pubs, and Information." The list that will appear consists of links to known state websites with the IRS is at the bottom. You can download and print the documents you select. Please let me know if corrections or additions are needed. Thanks to the DLI Webmaster, Sgt. Dave Dillard, these links have been made possible.

Unit Tax Advisors (see Page 17) have tax forms and some publications and are another source for unit members and their families. They have just completed seven days of training to enable them to answer basic tax questions, prepare reasonably simple returns, and compile information so the Legal Assistance Office can transmit returns for active duty members and their families.

**For listing of Unit Tax Advisors and Tax Tips,
see Page 17**

**From the Per Diem,
Travel and Transportation
Allowance Committee
Alexandria, Va**

Do-It-Yourself (DITY) Move Payment Incentive Increases from 80% to 95%

The Chairman of the Committee has approved the attached changes to the Joint Federal Travel Regulations, Vol 1, (JFTR), made in MAP Item 55-97, for publication. The changes are scheduled to appear in JFTR change number 136, dated 1 April 1998. This determination is an advance notice of the changes to the JFTR. This determination is effective 1 February 1998 for Permanent Change of Station (PCS) orders having an effective date of orders on or after 1 February 1998.

Commute by Shuttle Bus

between

**former Fort Ord (POM Annex)
and Presidio of Monterey (POM)**

Morning Schedule from POM Annex

LV	4260 Community Club	6:30 a.m.
AR	Coe Ave/Mtry Rd.	6:35 a.m.
LV	Coe Ave/Mtry Rd.	6:45 a.m.
AR	Naval Postgrad. Sch.	6:46 a.m.
LV	Naval Postgrad. Sch.	7 a.m.
AR	842 Price Fit. Center	7:10 a.m.

Afternoon Schedule Return from POM to POM Annex

LV	842 Price Fit. Center	5:10 p.m.
AR	617 Aiso Library	5:15 p.m.
LV	617 Aiso Library	5:16 p.m.
AR	Naval Postgrad. Sch.	5:29 p.m.
LV	Naval Postgrad. Sch.	5:30 p.m.
AR	Coe Ave/Mtry Rd.	5:42 p.m.
LV	Coe Ave/Mtry Rd.	5:43 p.m.
AR	4260 Community Club	5:48 p.m.

PX mall coffee bar

POM - Mocha Madness is open seven days a week: (opens early Mon., Wed., Fri. 7 a.m.-7 p.m.); (Tues., Thurs. 9 a.m.-7 p.m.); (Sat. and Sun., 11 a.m.-5 p.m.). Relax with music, reading material and something to drink. Location: POM PX mall. For more information, call Lisa at 333-3004.

Optical Shops

**offering
free cleaning,
adjustments and small
repairs for eyeglasses
and
Best Price Guarantee**

POM Optical Shop
(Presidio of Monterey,
just inside the PX entrance)
372-2074
POM Annex Optical Shop
(former Fort Ord near PX)
394-4134

Outdoor Recreation and Information, Travel and Tours

For further information call 242-6133/5506,
or stop by the Outdoor Rec/ITT Office,
Building 228, Lewis Hall,
on the Presidio of Monterey

Lake Tahoe Weekend Ski Trips:

Treat yourself, family and friends to a weekend ski adventure in the Sierras. All trips include round trip transportation, hotel lodging (double occupancy), lift tickets and ski equipment. Lessons, snowboards, and ski school are available for an additional fee. Family ski packages are also available. Upcoming dates are:

Feb. 27-Mar. 1:

Weekend Trip

Adult \$169/Teen \$155/Child \$145

Mar. 6-8:

Squaw Valley Olympic Weekend

Adult \$185/Teen \$175/Child \$165

Mar. 6-8:

Weekend Trip

Adult \$169/Teen \$155/Child \$145

Mar. 13-15:

Weekend Trip

Adult \$169/Teen \$155/Child \$145

Check with ODR before hitting the slopes. ODR sells discount ski lift tick-

ets for all California ski resorts; snowboards, downhill, and cross country ski equipment are available for rent, and ski accessories and jackets are available in the retail shop.

Entertainment 98 Books are now on sale:

Start having twice as much fun! The Entertainment Book is packed with hundreds of two-for-one and up to 50% discounts on almost everything you like to do - dining, travel, shopping, theater, sports and more. Books are \$30 and are on sale now!

Discount Tickets:

Don't forget to stop by the ITT Office and Outdoor Recreation before departing on your next outing. We offer discounts to the local movie theaters, Aquarium, See's Candies, Disneyland and numerous other attractions. We can also assist you with lodging and auto rentals.

at The EDGE Club

(Building 221, Presidio of Monterey)

Thursday Night

The club is open from 7 p.m. till 1 a.m. with complimentary appetizers. "KARAOKE" with KJ Al Ewing starts at 9 p.m. There is a \$1 cover charge for authorized patrons and \$5 for guest.

Friday Night

Social Hour is from 4:30 till 6:30 p.m. with complimentary appetizers. **Dance Music and DJ Adam Flores**, from 9 p.m. till 2 a.m. Cover charge is only \$1 for authorized patrons and \$5 for guest.

at the

General Stilwell Community Center

(Building 4260, POM Annex)

Wednesday

Family Night Madness

All-You-Can-Eat Buffet

Dinner is served from 5 to 8 p.m. Prices: \$5.95 for adults; .35 cents per year for children ages three to 11 years; free for under three years.

Mar. 4 - German Night

Mar. 11 - Country Night

Mar. 18 - All American Night

Mar. 25 - closed due to a one-day power shut off

More Outdoor Rec activities

Scuba Class (OWI Certification)

begins: Mar. 7

Meets 1st Saturday and Sunday of every month for 3 weeks (\$230)

Power Boat Orientation

2nd and 4th Wednesday of each month (\$20)

Surfing Class

begins: Mar. 11

2nd Saturday of each month (\$40)

Whale Watching Tours

Adult \$12, Child \$8

Daily (every 2 hours) until March 1998

ITT tours

•NHL Hockey, Sharks vs. Avalanche

Mar. 21 (\$32)

•Phantom of the Opera

Mar. 21 (\$55)

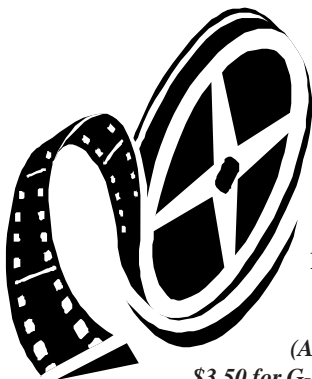
•Local Wine Tour

Mar. 28 (\$20)

Barker Theater

Presidio of Monterey Annex

393-2095



Movies scheduled
subject to change.
Located next to the
PX on POM Annex
(former Fort Ord).

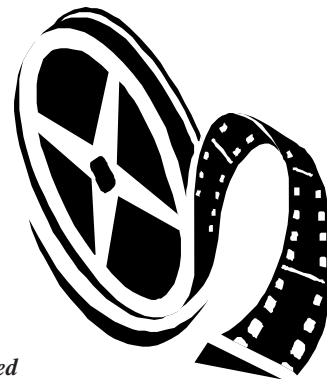
Military I.D. not required
Adults (12 & up) \$3.50
Children (5-11) \$2
(All children will be charged
\$3.50 for G-rated and Matinee movies.)

Fri	Feb. 27	7 p.m.	Mr. Magoo (PG)
Sat	Feb. 28	1 p.m.	Star Kid (PG)
		6:30 p.m.	Ampstad (R)
		9 p.m.	Jackie Brown (R)
Sun	Mar. 1	7 p.m.	Ampstad (R)
Fri	Mar. 6	7 p.m.	Jackie Brown (R)
Sat	Mar. 7	1 p.m.	The Little Mermaid (G)
		6:30 p.m.	Deep Rising (R)
		9 p.m.	Hard Rain (R)
Sun	Mar. 8	7 p.m.	The Boxer (R)
Fri	Mar. 13	7 p.m.	Hard Rain (R)

POM Theater

Presidio of Monterey

372-1249



Movies scheduled
subject to change.
(Located near Soldier
Field / High Street Gate)

Military I.D. not required
Adults (12 & up) \$3.50
Children (5-11) \$2
(All children will be charged
\$3.50 for G-rated and Matinee movies.)

Fri	Feb. 27	8 p.m.	American Werewolf (R)
Sat	Feb. 28	8 p.m.	For Richer or Poorer (PG-13)
Thurs	Mar. 5	8 p.m.	The Postman (R)
Fri	Mar. 6	8 p.m.	American Werewolf (R)
Sat	Mar. 7	8 p.m.	For Richer or Poorer (PG-13)
Thurs	Mar. 12	8 p.m.	Ampstad (R)
Fri	Mar. 13	8 p.m.	Star Kid (PG)
Sat	Mar. 14	8 p.m.	Jackie Brown (R)
Thurs	Mar. 19	8 p.m.	Deep Rising (R)
Fri	Mar. 20	8 p.m.	The Boxer (R)
Sat	Mar. 21	8 p.m.	Hard Rain (R)

Mr. Magoo - 85 min. (PG) Leslie Nielsen, Delly Lynch. When a stolen gem lands in the hands of nearsighted millionaire Quincy Magoo, a sinister plot is hatched to steal it back. Always the target of evil culprits, the elderly Magoo manages to escape, oblivious to the dangers around him. Magoo ultimately nabs the villains with the help of his nephew, Waldo and his bulldog. (mild language and action sequences)

Star Kid - 100 min. Joseph Mazzello, Joey Simmrin. 12-year-old finds a seven foot human shaped cybersuit that has crashed to earth. The suit is built to transport and fight, it can talk but can't move until someone steps inside it. Spencer steps inside and finds the courage to face his fears and the warrior that followed the suit to Earth. (PG) (fantasy combat violence and language)

Ampstad - 152 min. (R) Morgan Freeman, Anthony Hopkins. Based on a true story. During the summer of 1839 a group of Africans find themselves shackled and held captive in their native land. Once they board the Spanish slave ship Amstad, they are bound for the U.S. The slaves create mutiny and take over the ship, but fail at their attempt to sail home. Later they find themselves in a strange land and the victims of the American legal system. (some scenes of strong brutal violence, some related nudity)

American Werewolf - (An American Werewolf in Paris) 99 min. (R) Tom Everett Scott, Julie Delpy. An American college student risks his life to save a beautiful French Woman. (werewolf violence gore some sexuality/nudity)

For Richer or Poorer - 114 min. (PG-13) Tim Allen, Kirstie Alley. Both spark this romantic comedy as a married couple who must flee the good life when their accountant takes off with all their wealth. They wind up in an Amish community. (some sexual innuendo and one use of strong language)

The Postman - 170 min. (R) Kevin Costner, Will Patton. A futuristic post apocalyptic action thriller out in the New West where isolated towns are kept in the iron grip of a ruthless dictator. When the postman wanders into the town looking for a handout this words become an inspiration for the suppressed citizens to declare war on their rulers. (violence and some sexuality)

Jackie Brown - 154 min (R) Pam Grier, Samuel Jackson. Jackie Brown a stewardess, supplements her income by smuggling money into the country from Mexico. She works for the airline as well as the notorious illegal arms dealer, Ordell. She is busted by Federal Agents and the only way she'll stay out of jail and keep her job, is to set up a sting operation. She has to bring in a half million dollars and bring down Ordell.

Upcoming Test Dates

Apr. 13 ACT (8 a.m.)
Feb. 9 PRAXIS Core and
Specialty

All of the listed tests are administered free to first time military examinees. Early registration is advised.

1998 Student/Spouse Scholarships

The POM Thrift Shop will award \$5,000 in scholarships to local family members of active duty, reserve or retired military members by May this year. There will be \$2,000 allotted for spouses and \$3,000 for students. Applications will be available at the Thrift shop with a deadline for submissions in early April. Call the Thrift Shop at 899-4975 for additional information during it's hours of operation from 10 a.m. to 4 p.m. Wednesdays and Fridays.

Community Job Fair - Mar. 3

For any service or family members looking for work in our community, the Job Fair Tuesday, on Mar. 3, in downtown Monterey will be a great opportunity to survey what openings exist. Last year over 90 different employers and school representatives met 1,200 potential employee/trainees. Service members with

Continuing education -- key to your career and future

Visit the POM Education Center,
located in Building 273, Presidio of Monterey
242-5325 or 242-5866

G.I. Bill educational benefits may have \$16,000 to \$40,000 to invest in their education, so it pays to shop around for the best programs available. Be a smart consumer and stop by the Monterey Conference Center next to the Double Tree Hotel on Mar. 3 to check out the local job/career training opportunities. For additional information call the California State Employment Development Agency at 422-4731.

Free Scholarship Aid via Internet

You can get free scholarship aid information tailored made for your personal situation through the Internet at: <http://www.fastweb.com> Just type in your personal data and interests, and the computer will find a list of matching scholarships. Your POM Education Center has several references such as Peterson's 1997 Paying less for College, USA Today's Financial Aid for College and College Costs & Financial aid Handbook by the college Board.

Career Training Throughout all of 1998 for just \$25

The Regional Occupational Program (ROP) is a state funded vocational and technical training program open to service and family members with day and

evening classes in computer Accounting, Certified Nursing Assistance, Computer Digital Imaging, Health Careers, Graphic Design, Hospitality, Cosmetology, and Auto Technology to name just a few of the areas covered. Fees cost \$25 per year for all classes mentioned. To register call 899-5033 or stop by the POM Education Center.

College Credit by Examination

The College Level Examination program (CLEP) enables military personnel to earn college credits by examination without cost. Regardless of how or where a service member acquired the college level competency: through formal study, adult classes, TV/radio/cassette courses, military/industrial/business training or advanced work in regular high school courses. Five general CLEP exams are available with video study tapes at the Aiso Library for English, Math, Science, Humanities and Social Sciences. Many military members have reduced the cost in time and money of their college education by successfully completing these five CLEP EXAMS for up to 30 semester hours of credit. For further information and assistance contact the POM Education Office at Building 273, phone 242-5325 or 242-5866.

"Worth Repeating"

Source:

**A
F
I
S**

*Armed
Forces
Information
Service*

"Hold fast to dreams, for if dreams die, life is a broken-winged bird that cannot fly."

—Langston Hughes, American writer (1902-1967)

"The beautiful thing about learning is nobody can take it away from you."

—B.B. King, American blues musician (1925-)

"Don't let adverse facts stand in the way of a good decision."

—Colin Powell, U.S. Army general (1937-)

"The moment we break faith with one another, the sea engulfs us and the light goes out."

—James Baldwin, American writer (1924-1987)

"In recognizing the humanity of our fellow beings, we pay ourselves the highest tribute."

—Thurgood Marshall, American jurist (1908-1993)

"When deeds speak, words are nothing."

—African proverb

Monterey County Chapter American Red Cross

Building 234, POM
242-6800

*Keeping Monterey County
safe for 100 years
(1898-1998)*

POM - The following American Red Cross Monterey County chapter classes are held in Building 234, POM (intersection Patton Avenue and Infantry Street). Classes fill up fast. Reserve your space NOW to learn these valuable lifesaving skills, because ...Help can't wait.

Health and Safety Classes

Community First Aid and Safety Classes do cost (pre-pay), however there are discounts for active duty and their spouses -- bring your military I.D.)

(NOTE: CPR must be taken prior to taking First Aid Classes.)

Baby Sitting Class

•Feb. 28 (9 a.m.-5 p.m., Sat., \$20)

Standard First Aid

(Meets two evenings or one Saturday)
(\$25 military / \$30 civilians)

- Mar. 14 (9 a.m.-5 p.m., Sat.)
- Apr. 15 (6-10 p.m., Wed.)
- Apr. 16 (6-8:30 p.m., Thur.)
- May 2 (9 a.m.-5 p.m., Sat.)
- May 6 (6-10 p.m., Wed.)
- May 7 (6-8:30 p.m., Thur.)
- Jun 13 (9 a.m.-5 p.m., Sat.)
- Jun 17 (6-10 p.m., Wed.)
- Jun 18 (6-8:30 p.m., Thur.)

Community First Aid and Safety

(\$30 military / \$ 40 civilians)

- Mar. 19 (6-10 p.m., Thurs.)
- Mar. 21 (9 a.m.-7 p.m., Sat.)
- Apr. 2 (6-10 p.m., Thurs.)
- Apr. 4 (9 a.m.-7 p.m., Sat.)
- May 16 (9 a.m.-7 p.m., Sat.)
- Jun. 6 (9 a.m.-7 p.m., Sat.)
- Jun. 15 (6-8:30 p.m., Mon.)
- Jun. 16 (6-8:30 p.m., Tues.)

POM Dental Clinic (Building 422, Kit Carson Road) Hours of operation

Mon., Wed., Fri. (7 a.m. -4 p.m.)

Tues., Thurs. (7 a.m. - 7 p.m.)

Sick-Call

Mon.-Fri. (7 -9 a.m. - walk in only)

Emergencies After-hours

Call 242-5612 or 242-5613

(Listen to the recorded message and follow instructions to receive dental treatment)

Class 4 (annual) Exams

Just walk in (No appointment).

In / Out Processing

Mon., Wed., Fri. (7 a.m. -3:30 p.m.)

Tues., Thurs. (7 a.m. -7 p.m.)

Appointments

Call 242-5612 or 242-5613 or walk in to make appoints.

Comments

Please address your comments to: SFC Gonzales, First Sergeant, Dental Clinic at 242-5678 (fax 372-5323).



Disaster Services Classes

*All classes are held at Building 234, POM
(no charge for military or civilians)*

Introduction to Disaster Services

- Mar. 4 (6-9 p.m., Wed.)
- Apr. 8 (6-9 p.m., Wed.)
- May 4 (6-9 p.m., Wed.)

Emergency Assistance I

(Prerequisite: Intro to Disaster Services)

- May 20 (6.-10 p.m., Wed.)
- May 21 (6-10 p.m., Thurs.)

Emergency Assistance II

(Prerequisite: Emergency Assistance I)

- Mar. 28 (9 a.m.-5 p.m., Sat.)

Shelter Operations Workshop

(Prerequisite: Intro to Disaster Services)

- Apr. 21 (6-9 p.m., Tues.)
- Jun. 24 (6-9 p.m., Wed.)

POM Army Health Clinic (POMAHC)

(Building 422, Kit Carson Road)

**For routine or follow up
appointments, call**

242-5741 / 5742 / 5743

Hours of operation

Monday to Friday (7 a.m.-6 p.m.)

(closed on Federal Holidays)

7-11 a.m. -- Active Duty Sick Call by Appointment Only (Service members must call the Health Clinic for an appointment slot at 242-5234 or 242-5663 between the hours of 6:30-7 a.m. only)

1-4 p.m. -- Active Duty routine appointments. (For same day appointments, call between 6:30-7 a.m. at 242-5663 or 242-5234)

4-6 p.m. -- Open for acute injuries or illness (walk-in) Active Duty only.

Saturday Morning

8-10 a.m. -- Sick Call only

After hours On-Call Doctor

242-5234 or 242-5663

General Information

242-5234 or 242-5663

(Please do not use the above telephone line to call for chronic, follow-up, or routine appointments.)

Community Health Nurse

Call 242-7572

Health Benefits Advisor

242-6834

Physical Appointments

242-5672

Navy Medical Admin Info

242-5614 or 242-5615

No appointments needed for immunizations

Yellow Fever shots are only offered on early Wednesday mornings (7 to 8 a.m.). Immunizations for family members under 6 years old must have a doctor order to receive the immunizations. Remember, after receiving shots, wait at least 20 minutes before departing the clinic.

Comments

Please address your comments to: SSG Rodriguez, Jose A., NCOIC, 242-5609, 242-5234 or 242-5663
E-MAIL: jose1962@mbay.net

(Third in a series of health topics to be published in the Community News during the next few months. The following article is provided by the Presidio of Monterey U.S. Army Health Clinic. Part II of this article will be published in the March 13 issue.) -- editor

Part I: RUNNERS – “stretch” to decrease your injuries

What causes an overuse injury in a runner? Overuse injury in a runner most often occurs because of a training error (running too far, too fast, too soon). With every mile that is run, the feet must absorb 110 tons of energy. Therefore, it is not surprising that up to 70 percent of runners develop an injury every year.

How can overuse injury be prevented? You can decrease your risk of injury by following these recommendations:

- Do not increase running mileage by more than 10 percent per week.
- Do not run more than 45 miles per week. There is very little evidence that running more than 45 miles per week improves your performance, but there is a great deal of evidence that running more than 45 miles per week increases your risk for an overuse injury.
- Do not run on slanted or uneven surfaces. The best running surface is soft, flat terrain.
- Do not “run through pain.” Pain is a sign that

should not be ignored, since it indicates that something is wrong.

- If you do have pain when you run, place ice on the area and rest for two or three days. If the pain continues for one week, see your doctor.
- Follow hard training or running days with easy days.
- Change your running shoes every 500 miles. After this distance shoes lose their ability to absorb the shock of running.

What about orthotics to reduce the chance of injury? Orthotics are inserts that are placed in shoes to correct bad alignment between the foot and the lower leg. You will probably need orthotics if you have a problem called pronation, which means that the inside of the foot turns in. If you have bad alignment but no pain with running and you do not suffer from repeated injuries, you probably do not need orthotics. Many world-class athletes with bad alignment do not wear orthotics. However, your doctor may suggest orthotics if you

have bad alignment and become injured and do not get better with other measures, such as rest, ice application and cross-training.

What special exercises help prevent injuries or help treat injuries if they occur? Before and after a run, perform specific stretching exercises. See the pictures below that show stretching exercises. These exercises may also be part of your recovery from an injury. With each exercise, hold the stretch for at least 15 seconds, and do not bounce.

Stretch until you feel tension but not pain. If you do develop an injury, your doctor may suggest particular strengthening exercises. See the pictures showing strengthening exercises. Every day you should do three sets of each exercise, with 10 repetitions in each set. For the exercises that involve straight-leg raises, you will want to add ankle weights as the exercises become easier for you to do. These exercises may also be done as part of your overall exercise program.

Stretching Exercises



hamstring stretch -- Sit with your injured leg straight and your other leg bent. With your back straight and your head up, slowly lean forward at your waist. You should feel the stretch along the underside of your thigh. Hold the stretch for 10 to 15 seconds. Repeat the stretch six to eight times. This stretching exercise may be helpful for patellofemoral syndrome, patellar tendinitis and hamstring strain.



quadriceps stretch -- Stand straight with your injured leg bent. Grasp the foot of your injured leg with your hand and slowly pull your heel to your buttocks. You should feel the stretch in the front of your thigh. Hold the stretch for 10 to 15 seconds. Repeat the stretch six to eight times.

This stretching exercise may be helpful for patellofemoral syndrome, iliotibial band syndrome and patellar tendinitis.



iliotibial band stretch -- Sit with your injured leg bent and crossed over your straightened opposite leg. Twist at your waist away from your injured leg, and slowly pull your injured leg across your chest. You should feel the stretch along the side of your hip. Hold the stretch for 10 to 15 seconds. Repeat the stretch

six to eight times. This stretching exercise may be helpful for iliotibial band syndrome and adductor strain.



calf stretch -- Stand with your hands against a wall and your injured leg behind your other leg. With your injured leg straight, your heel flat on the floor and your foot pointed straight ahead, lean slowly forward, bending the other leg. You should feel the stretch in the middle of your calf. Hold the stretch for 10 to 15 seconds. Repeat the stretch six to eight times. This stretching exercise may be helpful for Achilles tendinitis, plantar fasciitis and calcaneal apophysitis.



groin stretch -- Sit with your feet together, your back straight, your head up, and your elbows on the inside of your knees. Then slowly push down on the inside of your knees with your elbows. You should feel the stretch along the inside of your thighs. Hold the stretch for 10 to 15 seconds. Repeat the stretch six to eight times. This stretching exercise may be helpful for adductor strain.



plantar fascia stretch -- Stand straight with your hands against a wall and your injured leg slightly behind your other leg. Keeping your heels flat on the floor, slowly bend both knees. You should feel the stretch in the lower part of your leg. Hold the stretch for 10 to 15 seconds.

Repeat the stretch six to eight times. This stretching exercise may be helpful for plantar fasciitis, Achilles tendinitis and calcaneal apophysitis.

“Thanks and keep up the reading” — Staff Sgt. Rodriguez, NCOIC, U.S. POM Army Health Clinic

LENT & EASTER Chapel SERVICES Schedule 1998

PRESIDIO OF MONTEREY CHAPEL

Building 325, across from Soldier Field (242-5281)

PROTESTANT SERVICES

Palm Sunday Service	Apr. 5	11 a.m.
Good Friday Devotional	Apr. 10	6:45 a.m.
Worship Service	Apr. 12	11 a.m.

CATHOLIC COMMUNITY

Stations of the Cross (Confession, Thursday)	Mar. 5, 12, 19 & 26	6:30 p.m.
Sacrament of Penance (Service/Confession)	Apr. 2	6:30 p.m.
Palm Sunday		
Masses and Distribution of Palms	Apr. 5	9 a.m. 5:30 p.m.
Holy Thursday		
Eucharistic Last Supper	Apr. 9	6 p.m.
Potluck will follow / Adoration in Chapel		
Good Friday		
Passion, Adoration of the Cross/Communion	Apr. 10	6 p.m.
Holy Saturday		
Easter Vigil	Apr. 11	7:30 p.m.
Easter Sunday		
Masses	Apr. 12	9 a.m. 5:30 p.m.

POM ANNEX POST CHAPEL CENTER

Building 4280, North-South Road, (242-7620/7622)

PROTESTANT SERVICES

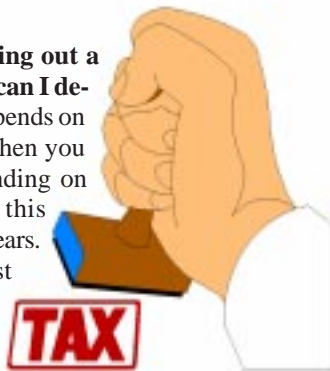
Palm Sunday Service	Apr. 5	9 a.m.
Maundy Thursday Service	Apr. 9	6 p.m.
Worship Service	Apr. 12	9 a.m.

CATHOLIC COMMUNITY

Soup & Bread Supper	Feb. 27, Mar. 6, 13, 20, 27, and Apr. 3 (Friday)	6 p.m., 7 p.m.
followed by Stations of the Cross		
Sacrament of Penance Service/Confession	Mar. 30	7 p.m.
(combined with Stations)		
Palm Sunday		
Mass	Apr. 4	5 p.m.
Mass	Apr. 5	11 a.m.
Holy Thursday		
Mass of the Lord's Supper	Apr. 9	7:30 p.m.
Adoration of the Blessed Sac. (Rice Bowl Collection)		
Good Friday		
Chapel open for Prayer	Apr. 10	noon
Sacrament of Penance		1-3 p.m.
Liturgical Service: Celebration of the Lord's Passion		7:30 p.m.
Holy Saturday		
Blessing of Easter Baskets	Apr. 11	noon
Easter Vigil		7:30 p.m.
Easter Sunday		
Easter Mass	Apr. 12	11 a.m.

FEDERAL INCOME TAX TIPS

18. TAX TIP: If I am renting out a home, over how many years can I depreciate the structure? It depends on when you purchased it and when you started renting it out. Depending on these issues, the answer to this question is 15, 18, 19, or 27.5 years. Homes rented out for the first time after 1986 are depreciated over 27.5 years.



19. TAX TIP: Can military personnel avoid reporting housing allowances and yet still take deductions for their mortgage interest payments and real estate taxes? Yes. The Tax Reform Act of 1986 created a specific statutory right for military taxpayers to do this.

20. TAX TIP: How much money earned overseas from U.S. Government sources is excludable as Foreign Earned Income (FEI)? None. FEI is income you earn while overseas, which is not earned from the U.S. Government.

21. TAX TIP: How can I get forms and publications? Forms and publications are available on the internet at www.irs.ustreas.gov. You can also call the IRS toll-free order number 1-800-TAX-FORM (1-800-829-3676). You can also get them by visiting your Unit Tax Advisor. Unit Tax Advisors obtain them from the Legal Assistance Office.

22. TAX TIP: Is money I earn as a child care provider in an overseas area excludable as Foreign Earned Income? Yes. If you meet the residency or physical presence test requirements, you can exclude the money you've earned from your income.

23. TAX TIP: Is money I earn while teaching a course overseas excludable as Foreign Earned Income? Usually, yes. You are probably an independent contractor and not an employee of the U.S. Government. Therefore, if you meet the residency test or physical presence test requirements, you can exclude the money you've earned from your income.

24. TAX TIP: I sold a house and bought a new one last year. Since the new house cost more than the old one, I know no taxes are due. Do I have to file any forms with the IRS about the sale, anyway? Yes. File Form 2119, Sale or Exchange of Personal Residence, with your tax return. Among other things, it shows how much profit you made on the sale. Although you can defer the tax on that gain since you bought a new house, your basis in the new house is reduced by the amount of untaxed profit from the old one.

25. TAX TIP: I sold a house last year. Do I have to pay taxes on the gain? It depends. If you sold the house after 6 May 1997 and lived in it for two of the previous five years, you do

not have to pay any gain on the sale (provided the gain was under \$250,000, if single, or \$500,000, if married filing jointly). If you sold your home prior to 7 May 1997, you do not have to pay any taxes on the sale (provided the home was your principal residence and you purchase a replacement home of equal or greater value during the replacement period).

26. TAX TIP: What do I do with an overweight charge I received in 1997 for a previous year's PCS move? You deduct it from your 1997 tax return using the Form 3903 or 3903F and a Schedule A. You do not amend the tax return of the year you had the PCS move.

27. TAX TIP: Is the cost of a finder's fee to locate a new personal residence when I PCS a deductible moving expense? Not any more. The Omnibus Budget Reconciliation Act of 1993 narrowed moving expenses to only the direct costs of moving your household goods and you and your family.

28. TAX TIP: What are the rules for proving employee business expenses? You need adequate written records of your expenditures. Ideally, they should be prepared as near to the time of the expense as possible. The IRS tends to view records created later, when there is less likelihood of accurate recall, with disfavor.

29. TAX TIP: What is the maximum deductible IRA contribution that may be made by a couple filing jointly, where both spouses have earned income? \$4,000 (no more than \$2,000 in either spouse's IRA). This may be limited, however, if adjusted gross income exceeds \$40,000.

30. TAX TIP: What is the maximum IRA contribution that can be made by a couple filing jointly if one spouse has no income? A maximum of \$4,000 can be contributed in 1997! This is a new change for 1997. Again, no more than \$2,000 can be deposited into either spouse's IRA. The ability to deduct this contribution is limited, however, if adjusted gross income exceeds \$40,000 for a married taxpayer or \$25,000 for a single taxpayer.

31. TAX TIP: Can I exclude Foreign Earned Income, and still take the Child Care Credit for child care costs attributable to the Foreign Earned Income? No.

32. TAX TIP: Can I exclude Foreign Earned Income and take a Foreign Tax Credit for the foreign taxes attributable to the Foreign Earned Income? No.

33. TAX TIP: Where do I claim the annual fee for my safe-deposit box? Assuming you keep investment or tax-related documents in the box, the cost is considered a miscellaneous expense. Include it with other expenses in this category and deduct the amount by which the total exceeds 2% of your adjusted gross income using Schedule A (Form 1040).

34. TAX TIP: Are foreign sales taxes deductible from your income for federal income tax purposes? Usually, no. Only if you are in a business where you pay taxes on your supplies, might they be deductible.

Autos

- 1992 Toyota Previa LE**, 101K, well maintained, moving overseas-must sell by April, \$11,000 /obo. Call 583-0619. (02-13)
- 1992 VW Golf GL**, 4-door, manual, air, sun roof, red, 95k, service history, good condition, 30+ mpg, asking \$4,900. Call 643-2650 evenings. (01-30x6)
- 1991 Plymouth Grand Voyager LE**: Fully loaded, rear air, luggage rack, all power, tilt, cruise, tag good thru June 1998, 110k miles (mostly highway), excellent condition, retails at \$9,400, must sell so a bargain at only \$7,200. Call 899-9301. (01-30)
- 1989 Lincoln Town Car**, loaded, leather seats, excellent condition, 74,000 miles, \$7,100 /obo. Call 649-6866 after 5 p.m. (02-13)
- 1989 Mustang LX Convertible**, white, with new blacktop, automatic, AC, PS, PB, PW, electric locks, great condition & must sell, \$6,000 obo. Call 373-6377. (01-16)
- 1974 Fastback Mustang**, great condition, w/ alarm, \$6,000. Call 655-5108. (02-13)
- 1972 VW Bug**, runs great, very reliable, never needs smog. Call 899-3676.

Auto Parts / Accessories

- Best Top Nite Cap for Jeep Wrangler (yj)**; black denim covers front and side windows, still in box, (retail \$89) asking \$50. Call 393-2913. (01-30)
- Rims/Tires**: Four (4) silver, standard 14" Nissan, 6 lug rims, chrome lug-nuts and beauty rings included, \$50. Call 444-0119 after 6 p.m. (01-30)
- Rims/Tires**: Four (4) Standard SAAB 900 15" rims and covers w/Pirelli P4000 tires, \$100 for all. Call 393-1202. (01-16)
- 4'x6' Flatbed Trailer with Tailgate/Ramp**, constructed from steel with a wooden bed. Comes with ball hitch and wiring harness. Great for any job transporting cargo. Title is included, asking \$400 /obo. Call 392-1852. (01-16)
- 4'x6' Truckbed Cap**, new lock, foam insulation & C-clamps included. Has opening windows on both sides and sliding rear window, asking \$200 /obo. Call 392-1852. (01-16)

Your ad here.

Motorcycles & Parts

- 1993 Kaw. Vulcan 1500 Motorcycle**, NEW tires/ batteries, saddle bags/cover, asking \$4,800. Call 643-0121. (01-30)
- 1982 Yamaha Seca 750**, about 16,600 miles shaft drive, Runs Great! + helmet, \$950 /obo. Call 394-7526. (01-30)

Trucks / Vans / Sport

- 1995 Ford F150 Truck**, gray, loaded, low mileage, hitch with trailer lights, \$13,500 /obo. Call Saber, 242-6908 days or 648-1825. (01-30)
- 1994 Isuzu Rodeo**, 5 spd, black, 4wd, loaded, low mileage, asking \$16,065. Call 393-0561 eve & weekends or e-mail: rwcook@redshift.com
- 1994 Dodge Caravan**, like new, gray, auto, AC, PB, \$9,500 /obo. Call Saber, 242-6908 or 648-1825. (01-30)
- 1992 Toyota 2WD Truck**, black, 5-speed, 22RE, 60K miles, Recently had 60K major service, tinted rear sliding window, bedliner, cargo-net, am/fm cassette, bug-deflector, hydraulic-hinged tonneau cover, plus much more \$7,500 /obo. Call 394-7063. (02-13)
- 1989 Nissan Pathfinder**, auto, A/C, 4WD, all power, sun roof, ski rack, NEW tires, NEW Timing Belt, \$6,500 / obo. Call evenings, 392-1527. (01-30x6)
- 1988 Mazda Pickup Truck**, 150K, great commuter, dependable, moving overseas-must sell by April. \$1,000 / obo. Call 583-0619. (02-13)
- 1972 Toyota Land Cruiser**, 327 small block engine, Toyota Supra bucket seats, new blue paint, asking \$2,000. Call 884-0529, leave message. (02-13)

Your ad here.

Computers and Accessories

- SEGA GENESIS GAMES (including direction books!)**; (1) Fatal Rewind; (2) NBA Jam; (3) NHL '97; (4) NHL '95 (5) NFL '95; (6) Baseball '93. Price \$15 each. Call 644-9727. (02-13)
- 486 DX2**, with fast 57 baud modem, great for practicing target foreign language on the internet, including Word Perfect 7, printer, software for Persian/Chinese/Japanese languages, and games, \$600. Call 333-3782. (02-13)
- WebTV Unit**, brand new, up to six e-mail accounts, print and wireless keyboard options available, \$120 /obo. Call 583-0409 and ask for Mike. (01-30)
- 486 DX2/66, Desktop, 14" SVGA monitor**, 16 Megs RAM, 425 Meg hard drive, 16 Bit sound card and speakers, accelerated sound card, 2X speed CD ROM, and keyboard, \$600. Call Jason, 392-1231. (01-30)
- 486SX Packard Bell computer with monitor** and 33.3 external modem, 75 mb hard drive, 8 mb RAM, 3.5" and 5.25" drives with 8x compact disk drive installed, \$350. Call 393-2411. (01-30)
- Sauarar Computer Desk and Printer Stand**, \$30. Call 884-0432. (01-30)
- PNY Memory Master RAM 32 SIMM**, \$150 /obo. Call 899-4424. (01-30)
- Pentium 150 Mhz/MMX**, with 256 cache, 32 Mb memory, 1.6 Gb HD, Matrox Millineum video card, Soundblaster AWE32 w/ Creative Lab speakers, 8x CD-ROM, 28.8 USR ext. modem, Colorado T1000 tape backup, keyboard and microphone. Software included: MS Windows 95, MS Office 95, and various utilities. Asking \$600. For more details, call Bob at 899-3677. (01-16)

Entertainment Items

•**Musical Instruments:** *Peavey Speaker for Keyboard, \$300; *Peavey Speaker for PA, \$400; *PA System, \$300; *Yamaha Electronic Piano (band quality), \$900. *Misc mikes, cords, etc., \$125. Call Joseph, 655-0435 (H); 242-6587 (W).

•**Television: 25" (RCA) color Console** w/ Remote. Excellent, 5 years old, \$150. Call 394-7952. (02-27)

•**2 Television Sets: 13" color TV**, \$80 obo; and **9" color TV**, \$70 obo. Both excellent condition, rarely used. Call 655-3407. (01-30)

•**Vented Floor Speakers (pair)**, handles 125 watts of power, offers circuit protection with a 1.65 amp circuit breaker, impedance of 4-8 ohms, frequency response of 60 hz to 20 khz, all in a black finished cabinet (approximate dimensions: 36"x12"x12"), plenty of free speaker wire, asking \$700 /obo. Call 392-1852. (01-16)

WANTED TO BUY:

•**Multisystem TV or VCR** and adapters. Call 899-5203 after 10 a.m. or leave message. (02-13)

Sports Equipment

•**Weight Bench and Bar with Leg Press** attachment, \$40. Call 384-2452 and leave a message. (02-27)

•**BunBurner Exercise Equipment with Videos**, \$125;

•**Bookshelf**, large, white, \$40; Kitchen Table, with Benches, \$100. Call 648-8237. (02-13)

•**Exercise Rider**, just in time for your New Year's Resolutions! Excellent condition, \$50. Call Mike at 392-1820 (evenings only). (01-16)

Your ad here.

Miscellaneous

•**Diamond Engagement Ring**, .5 Carat total weight of diamonds, 14K Band, \$600. Call 648-8237. (02-13)

•**Yellow-headed Amazon parrot**, have had her about 4 years now, needs more attention than I can give her. Great for someone that knows about birds and has the time to work with her, \$225 /obo includes cage, books and feed. Please call 899-9064. (02-13)

•**Aquarium, 20 gallon**, glass, with stand, includes gravel, pump, AquaTech filter system, heater, lid, light, etc...Also can have 6" Baracuda fish if so desired, \$150 firm. Call 394-7063. (02-13)

•**Dog Kennel**, medium size (27L, 20W, 19H), hardly used, reduced to \$25. Call 393-2517. (02-13)

•**Watch: Seiko Professional Diver's Watch**, \$60. Call 242-7919. (01-30)

•**Air Force Dress Clothes:** Shirts size 16, long and short sleeve, some with SRA stripes, \$5 ea; •**Pants**, size 33/34, \$10 ea. All practically new. Call 394-0329. (01-16)

If you found something of value in a trash can, what would you do?

**THANK YOU
Frankie Lomboy
of PRIDE Industries**

for finding the lost ladies brooch

FOUND CAT:

Female, declawed pastel calico. No collar/ID chip. Family pet found under old Fort Ord MEDDAC stairwell. Call 582-2910 or 242-5572 (Carol). (02-27)

LOST CAT:

Female, gray and tiger; white belly, nose and paws; no collar. Afraid of people. Stilwell Park area. Call 899-5849. (02-27)

Need Babysitter (can be a teenager)

occasional weekend evenings; and
day care summer (2+months, fulltime, M-F)
Call 883-1374. (02-27)

WANTED:

Baby items: 2 Car Seats; 2 Wooden Cribs; Stroller for twins or 2 Strollers; Changing Table. Call 392-0127 after 6 p.m. or all day weekends. (02-13)

WANTED:

Cradle in good condition. Call Iris, 392-0335. (01-30)

Your ad here.

Magazines WANTED:

Marie Claire Maison, Residences, Maison Francaise, Maison & Jardin or other interior design magazines in French, or any quilting magazines. Call 899-4424. (01-16)

Travel from DLI To EAST COAST for FREE!

**MAY 21-31 ONLY. Call 583-0409 or E-mail:
doublebogie@webtv.net for details (02-13)**

Acceptable Classified Ads: *Lost and Found*, *Wanted* or *For Sale* items such as bicycles, books, cameras, cars, clothes, computers/software, cribs, furniture, rugs, stereos, televisions, tools, trailers, trucks, etc. (this publication does not advertise weapons for sale/trade). Onetime sale only, not for a profit sharing venture of multiple items (classified Ads such as rentals, help for hire, or tutoring for dollars are unauthorized). You are welcome to advertise more than one ad in the same publication. Ads will be published three (3) times in three consecutive issues (or longer if space permits) after which you must call or send in a renewal request. If you have any questions, please feel free to call the Public Affairs Office at (408) 242-5104 and ask for the editor.

When your ad(s) have sold, or if you're departing DLI/POM, please let us know. Call 242-5104.

Household Items

•**5-pc Dining Set**, \$50; •**Love Seat-Sleeper**, \$50; •**5-pc Bamboo Patio Set**, \$250; •**Blue Fabric Sofa** (new), \$150; •**2 Bookcases**, \$25 each. Call 394-6870. (02-27)

•**Antique Sewing Machine**, electric (Singer), works, \$100. call 899-7815. (02-13)

•**Bookshelf**, large, white, \$40; Kitchen Table, with Benches, \$100. Call 648-8237. (02-13)

•**Sauarar Computer Desk and Printer Stand**, \$30; •**Oak Oval Coffee Table**, \$75. Call 884-0432. (01-30)

•**Queen and double blue metal bunkbed**, only used six months, \$350 /obo. Call 649-8572. (01-30)

•**Chest Freezer**, 12.5 cu ft, good condition, \$150. Call 393-1202. (01-16)

•**Arbor Trellis**, new, black/verdigris cast aluminum, beautiful Victorian design, walk through with rounded top, 48"x17.5"x86", \$175. Call 899-4424. (01-16)

•**Antique German Radios (4)**: Schaub, Grundig, Nordmende, Carara, 110/220 volt, priced at \$175-\$400. Call Marina at 899-7994. (01-16)

•**Antique German Wall Clock (1890s)**, \$900. Call Marina at 899-7994. (01-16)

•**Broyhill Oak Bedroom Suite**: large dresser with mirror, stand up dresser and queen size bed with head and foot board, \$1,990. Call Marina at 899-7994. (01-16)

•**Electric Typewriter**, with case, \$70. Call Marina at 899-7994. (01-16)

•**High Chair**, white w/cushion (light blue/green/pink pattern), \$35; •**Deluxe Stroller**, navy/white stripe, (originally \$156) asking \$40; •**Medela Breast Pump Mini-Electric**, \$55; •**Baby Sling**, size petite, \$20; •**Baby Front Carrier**, \$10; •**Other Miscellaneous Baby Items**. Call 384-0655 between 10 a.m. to 8 p.m., Cindy or Jose. (02-27)

•**Childcraft crib**, white, \$50; •**Couch** multi-colored, rose, green, cream \$200; •**Computer desk**, \$20; •**Patio Furniture** \$75, •**Iron and Wood Bench** \$20, •**Little Tykes Activity Gym** (lrg) \$45, •**Little Tykes Activity Gym** (sm) \$25. Call 583-0619. (02-13)

•**Queen Size Waterbed**: Redwood finish, 4 drawers under carriage, sheets, mattress pad & heater included, \$250 /obo. Call 394-7910. (02-13)

•**Coffee Table**, Sturdy, wooden with gold, \$50. call 899-7815. (02-13)

Your ad here.

•**Filing Cabinet**, brown, 2-drawer letter size, \$40. Call 899-4424. (01-30)

•**Heater**; •**Rocking Chair**; •**Sofa Bed**; •**13" Color TV**; •**Health Rider** (new, still in box). Call 394-7371. (01-30)

•**Piano, Upright (Samek Spinnet)**, with bench, black lacquer finish minor abrasions, must sell, \$1,000 /obo. Call 394-7526. (01-30)

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To place an ad in the Community News, you must be assigned to DLIFLC & POM or residing on POM/POM Annex.

If presenting ad in person: Show your military or DoD civilian ID card to: any PAO staff member, Building 614, Room 142 (242-5104).

If sending ad via e-mail (both military and DoD civilians): Includes your office telephone extension & directorate/office.

(DoD CIVILIANS: Include your DoD I.D. number in MS Mail message ad.)

Name

Rank/Level

Unit / Civilian Agency

Phone

Item(s) For Sale or Lost & Found: